

High Five

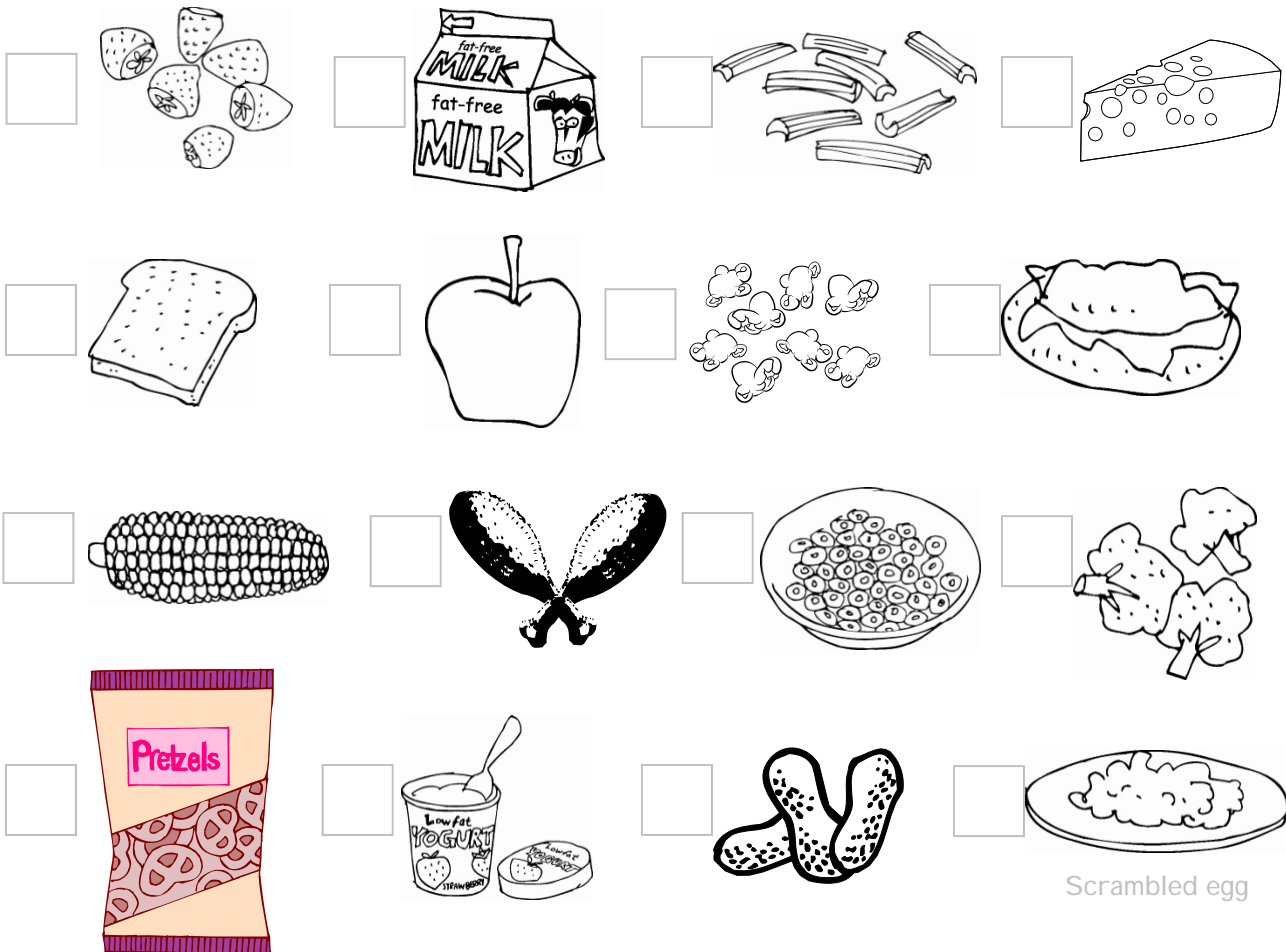
For

Fiber

Name: _____

Check the box next to the foods that are high in fiber.

Hint: You should have 11 check marks!



Write down one high fiber food you could eat tomorrow for breakfast.

Remember to eat five high fiber foods every day to stay healthy.

Give a friend a "high 5" to remember your goal!

Developed by: Denise Zimmer, RD, Eat Smart Be Smart Guide: Lesson 2nd—High Five for Fiber

Eat Smart Be Smart